

## GIRLS! LOTS OF BEAUTIFUL HAIR

A small bottle of "Danderine" makes hair thick, glossy and wavy.

Removes all dandruff, stops itching scalp and falling hair.



To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine now—it costs but a few cents—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itching scalp, and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a lock with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this. Adv.

### Cruel Treatment.

Yeast—The Germans in the internment camps in this country say we are treating them cruelly.

Crusade—How so?

"They claim we're taking all the 'kick' out of the beer we let 'em have."

## TOO WEAK TO FIGHT

The "Come-back" man was really never down-and-out. His weakened condition because of overwork, lack of exercise, improper eating and living demands stimulation to satisfy the cry for a health-giving appetite and the refreshing sleep essential to strength. GOLD MEDAL HAIR OIL Capsules, the National Remedy of Holland, will do the work. They are wonderful. Three of these capsules each day will put a man on his feet before he knows it; whether his trouble comes from uric acid poisoning, the kidneys, gravel or stone in the bladder, stomach derangement or other ailments that befall the over-sensuous American. The best known, most reliable remedy for these troubles is GOLD MEDAL HAIR OIL Capsules. This remedy has stood the test for more than 200 years since its discovery in the ancient laboratories in Holland. It acts directly and gives relief at once. Don't wait until you are entirely down-and-out, but take them today. Your druggist will gladly refund your money if they do not help you. Accept no substitutes. Look for the name GOLD MEDAL on every box, three sizes. They are the pure, original, imported Haarlem Oil Capsules. Adv.

### Vital Question.

Mrs. Johnson—Sister Martha has just got a divorce from her husband. Mrs. Jackson—You don't say. How much ammonia did he do to her? —Boston Transcript.

### Soothe Itching Skins

With Cuticura. Bathe with Cuticura Soap and hot water, dry and apply the Ointment. This usually affords relief and points to speedy healing. For free sample address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

### Introspection.

"Aren't you a little self-centered?" "Can't help it. It's hard for a man to keep his mind off himself after he has tried to do his duty by an income tax report and a few questionnaires."

The kangaroo is a healthy-looking animal, but it is nearly always on its last legs.

In the human barometer smiles mean sunshine and frowns mean frost.

### When Your Eyes Need Care

Try Murine Eye Remedy. No stinging—Just Eye Comfort. 50 cents at Druggists of mail. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

## SAFEGUARDING THE HOME

### Simple Directions on Home Nursing

By JANE A. DELANO  
Director Department of Nursing  
American Red Cross

"An Ounce of Prevention Is Worth a Pound of Cure"

### THE PUBLIC ROUTES FOR INFECTION

Besides avoiding personal contact with the person actually suffering from a communicable disease, the principal problem for preventing infection rests on securing pure water, clean milk, unspiced food, and the extermination of germ-carrying insects.

Keep all sewage from seeping into the wells and cisterns. Water is polluted by seepage from badly placed drains. Cities and towns should, of course, have public supplies of pure water, but in the out-of-the-way places where living conditions are otherwise ideal, barns and outhouses are too often placed close to drinking wells and cisterns. This practice is dangerous to health.

Where there is no drainage system, extraordinary care is needed to keep the ground water pure. All well or spring water must be carefully watched. Boards of health will gladly examine samples of water and report whether it is safe to drink.

Water is essential to health, but it must be pure.

Properly pasteurized milk is usually the safest kind to use. No milk is safe unless frequent tests show that it is untainted by disease germs. Raw milk should not be used except that produced under the most careful supervision. To pasteurize milk at home, put it in a bottle, cork it with a piece of clean cotton or paper cap, and then place it in a small pail of water. If an inverted pail, with a few holes punched in it, is placed in the bottom of the pail, it will prevent the bottles from bumping. Heat the water to a temperature of 145 degrees Fahrenheit, keeping it there for 30 minutes. After pasteurization, the milk should be cooled to below 50 degrees Fahrenheit in running water and kept in a cool place. Pasteurization will kill any germs that may be in the milk. Milk from diseased cows should never, under any circumstances be used. The three "C's" for the proper care of milk in the home, according to dairy specialists, are, keep milk covered, clean, cold.

Never for one minute keep milk uncovered or in a warm place. The utensils used to receive it should always be scalded before using and kept covered when not in use. Milk which has been poured from the bottle should not be returned to it.

Milk bottles should never be allowed to come out of a patient's room, or sent back to the dairy, until they have been thoroughly boiled. Milk when properly cared for is one of the best foods obtainable. It is nourishing, digestible, and usually economical.

Food will also cause sickness if it carries disease germs. Since thorough cooking destroys the germs, the danger of contagion or infection arises chiefly from raw foods. Fried meats, in large quantities, are not healthful. Pork should never be eaten unless thoroughly cooked. Soups and stews and broths should be thoroughly heated before serving.

It must be remembered that the body is not nourished merely by swallowing food; in order to nourish the body, food must also be digested, absorbed and used by the tissues of the body. The agreeable taste or odor of food or even the pleasurable thought of it helps to digest it. All fruits and vegetables eaten raw should be thoroughly washed.

Garbage should not be allowed to become a breeding place for flies. Garbage disposal is a matter of cleanliness and public decency, and should not be neglected so that it becomes a menace to public health.

Flies, cockroaches, and other scavenging insects may carry germs, and thus infect the food. Such insects are always dangerous, and should not be tolerated, while rats, mice and vermin should not be allowed to remain in the house.

Clean houses, clean hands, clean milk, clean food, pure air, and no insects, and there will be less opportunity for the germs of contagious diseases to accumulate.

### CLOTHING AND THE WEARER

No one can expect to keep well if he neglects properly to protect his body against the weather.

The idea which has prevailed more or less for the past few years that indiscriminate exposure to the weather was "healthy" and also "strengthening" has been proven untrue.

Clothes play a very important part in helping to keep the body well, and the exercise of common sense in

adapting clothes to the weather will often prevent unnecessary suffering.

It should be understood, perhaps, first of all, that heavy clothing does not necessarily mean warm clothing, and that the Chinese custom of adding or taking off outer garments in accordance with the weather is worth considering.

A chilled body is in a dangerous state, but, on the other hand, there are many people who bring about an equally dangerous condition of the body by keeping it too warm.

The nature of the work you are doing should, in most cases, determine the weight, material and character of your clothing.

Persons working in heated office buildings and factories, or whose occupation keeps them indoors, should not wear heavy underwear, heavy clothes, heavy shoes or stockings. Instead, they should wear lighter clothing and provide themselves, when necessary, with heavy outer wraps.

Those people whose work keeps them in the open a large part of the time should wear sufficient clothing to prevent their bodies from becoming chilled.

Be careful in the selection of materials for clothing. It may be helpful to know that, in the order of warmth, materials are arranged as follows: Wool, fur and down, silk, cotton and linen.

Clothing should not be changed according to the calendar, but according to the weather, so that the body can be kept at a proper uniform temperature whatever the season.

Rainy weather presents another health problem. The sight of thin, clad ankles splashing through sleep and rain, uncovered throats and chests rising above sheer, chiffon blouses seems to mean only one thing—the danger signal of pneumonia, rheumatism, and many other diseases that will leave their mark on a girl or woman for life.

There are certain "rainy day don'ts" that are especially essential to health:

1. Don't sit in damp clothing.
2. Don't let it dry on you.
3. Don't forget your overshoes; they may save your having to change to dry shoes.
4. Don't wear low slippers and silk stockings outdoors on a rainy day.
5. Don't expose your chest to the damp and cold weather.
6. Don't get chilled; if you do, drink something hot to restore natural circulation. Hot lemonade is good.

A normal circulation is the foundation of good health, and anything that tends to prevent this is dangerous.

Avoid at all times the use of tight clothing—tight hats, tight neck-bands, heavy petticoats or dresses that drag from the waist and hips, and, above all, tight corsets.

Tight lacing frequently produces dyspepsia, malnutrition, vomiting, shortness of breath, and, in severe cases, and gives rise to round shoulders and stooping carriage.

If you wear the proper clothing at the proper time, safeguarding yourself from stormy weather, you will find it a valuable aid in keeping yourself healthy and comfortable.

### Kindness.

Kindness implies a certain permanence of human quality, a general abiding spiritual atmosphere rather than an impetuous, impulsive act, or a series of such acts. Frankish generosity is not kindness at all, nor is the mere bestowal of material gifts from one who can afford it to another who needs them. Kindness is imprinted on the serene brow, stamped with the seal of unselfishness. It is the touch of the divine in the gentle hand. You will find it in the soothing cadences of the low pitched voice, in the soft glance of an understanding eye. Kindness can be passive as well as active.

### Fitted for the Role.

Manager of Hicksville Academy of Music—"What's your musical comedy called? Advance Agent—"Hot Air!" And, take it from one who knows whereof he chatters, it's the snappiest, liveliest, gingeriest, cleverest, entest, effervescent package of compressed brilliancy that will ever electrify this burg!" Manager—"H'm! Did you ever assume the title role in it?"

### The Lute.

The lute has vanished. It was one of the oldest of instruments, and had a beautiful vibrant tone somewhat like that of the harp. But its size and complexity were against it. It had a long tail, and many strings, and while its size increased its power and range, it also increased its weight and made it cumbersome. The minstrel of today plays on the mandolin, the guitar or the banjo—and the lute is forgotten.

### Why the "Von."

"Von" before a name in German denotes a privilege title, either inherited or bestowed by a monarch upon his subject for meritorious services. While formally this prefix was found in military or feudal families only, many commoners, captains of industry, scientists, financiers and artists were so honored by their monarchs. The title is either hereditary or ceases with the death of the distinguished person.

### One Spot Was All Right.

Robert was promised a nickel by his aunt if he kept clean when he went out to play, as company was expected and they wanted him to look his best. The tiny chap, however, got into a coal pile and was a sight to behold. His aunt said such a dirty boy would not get the nickel. Whistling out the lining of his vest pocket he said: "My pocket is clean anyhow."

## Who Is Jesus Christ?

(THIRD SERMON)

By REV. W. W. KETCHUM  
Director of the Evening Classes,  
Moody Bible Institute, Chicago

TEXT—He saith unto them, But whom say ye that I am?—Matt. 16:15.

In two previous sermons we considered the character of Christ, his Word and his work as witnesses of him.

We now consider another fact of his life that will help us to answer his searching question. It is his resurrection from the dead.

**Proof of His Deity.**  
Paul, in his epistle to the Romans, places the resurrection of Christ before us as a certain proof of his deity. "Declared," he says,

"to be the Son of God with power, according to the spirit of holiness, by the resurrection from the dead" (1:4). Paul wrote these words not more than thirty years after the event. If Christ had not risen, it would have been an easy matter to have proved their falsity. Paul knew they were true. As Luke says, Christ showed himself to be alive after his passion by many infallible proofs, being seen of them forty days and speaking of the things pertaining to the kingdom (Acts 1:3).

In recent years the resurrection of Christ has not been given the place it should hold in helping us to answer Christ's question—perhaps because pulpit and pew had imbibed too much of German criticism. Now that it is no longer popular to peddle wares made in Germany, we may consider afresh this phase of truth, as an evidence of the deity of our Lord.

The resurrection of Christ is the best attested fact of history. Gilbert West, lawyer and skeptic, found it so when he set out to demolish it. And so will any honest mind today.

The proofs of Christ's resurrection may not satisfy all minds, for if Christ is risen, he is the Son of God with power; and certain people do not want a Christ before whom they must bow and confess that he is Lord to the glory of God.

It is not the purpose at this time to adduce the Scriptural proofs of Christ's resurrection. They are at hand for anyone to study who will. To say that there are fourteen witnesses and classes of witnesses to the resurrection of Christ. Do you desire to know who Jesus Christ is? Then I challenge you to study, with an unprejudiced mind, the records contained in the Scriptures. This thing was not done in a corner; neither are we without the record of it. The Scriptures are filled with the proofs of the resurrection of Christ, and they are open to all men for their consideration.

### Bodily Resurrection.

But what are we to understand by the resurrection of Christ? Many talk today as if all that is meant by it is the continued existence of the personality of Jesus after death. Of course it means that, but as the very word itself indicates, it means the rising up of that which has fallen down, its standing forth again.

The resurrection of Christ, then, has to do with the body of our Lord, which was buried and in which he again stood forth from the grave. It means that the risen Christ is not a disembodied spirit, but a spirit embodied in that casement of which death robbed it. This is the teaching of our Lord himself. "Handle me and see; a spirit hath not flesh and bones as ye see me have," was his word to his wondering and doubting disciples, when after the resurrection he stood in their midst. It is proved by the fact of the empty tomb the disciples found on that Easter morning. It was an embodied Christ whom Mary mistook for the gardener. It was a corporeal being who walked and talked with the men on their way to Emmaus. It was Jesus in his risen body who ascended into heaven from the Mount of Olives.

### German Critics Doomed.

Is it not a pity that German criticism has been allowed to dim this fundamental and precious truth of the bodily resurrection of our Lord? Let us vow that we are done with it, and return to the teaching of the Scriptures. Perhaps this good thing, with many others, will come out of the war—that we will not permit German infidels and skeptics to interpret our Bible nor to do our thinking for us; nor accept their conclusions in spiritual things as final any more than in other things.

Too long has America breathed the foul gases of unbelief from the gas bombs exploded on our shores by the strange religious guns of Germany. It is not time to protect our sons and daughters, as well as ourselves, from German infidelity? Religious pro-Germans in professors' chairs and pulpits should be ejected. They are the puppets of German religious autocracy, that has tried to hold America and the rest of the world in the bondage of unbelief. We do not want German-made Christianity; we want the Christianity of the Bible, which offers peace to every troubled heart.

# WRIGLEY'S

## All Now in Pink Wrappers

To save tin foil for Uncle Sam, WRIGLEY'S is now all wrapped in pink paper and hermetically sealed in wax:

1. The tangey flavor of mint
2. The luscious different flavor
3. The soothing flavor of peppermint



All in pink-end packages and all sealed air-tight. Be Sure to get WRIGLEY'S because

The Flavor Lasts!



## Puts a ... Stop to all Distemper

CURES THE SICK

And prevents others having the disease no matter how exposed. 60 cents and \$1.15 a bottle. \$5.50 and \$11.00 a dozen bottles. All good druggists and turf goods houses. Spohn Medical Co. Goshen, Ind., U. S. A.

## CONSTIPATION

IS HUMANITY'S GREATEST FOE  
It is always a terror to old people and a menace at some time or another to every human being, young or old. It is the forerunner of more ill and suffering than almost any of NATURE'S DANGER SIGNALS and should never be allowed to go unheeded. At the very first indication of constipation get DR. TUTT'S LIVER PILLS which for 72 years has been successfully used for this most prevalent of all disorders. For sale by druggists and dealers everywhere.

## Dr. Tutt's Liver Pills

## BEST HOME-MADE COUGH SYRUP

When you have a severe, stubborn cough or cold, you need the best possible medicine you can get. Why not, therefore, get one which is guaranteed the most soothing and satisfactory remedy ever used, or get your money back! Druggists everywhere are authorized to refund money if SCHIFFMANN'S EXPECTORANT is not found the very best ever used for Coughs, Colds, Bronchitis, Croup, Whooping Cough or Hoarseness. When mixed at home with honey or sugar syrup, 50 cents worth makes 64 teaspoonful. Positively contains no chloroform, opium, morphine or any other narcotic, and is unlike any other cough medicine. It is so pleasant to take that children are fond of it. In case druggists should not have it order direct of R. J. Schiffmann, St. Paul, Minn.

### To Some Extent.

"Mrs. Gaddy claims that she made her husband."

"So she did; she made a fool of him."

Acid Stomach, Heartburn and Nausea quickly disappear with the use of Wright's Indian Vegetable Pills. Send for trial box to 373 Pearl St., New York. Adv.

### Severe Injury.

Civilian—"How did you get that wound stripe?" Private—"Me heart broke when we didn't march to Berlin."

## PAPE'S DIAEPSIN FOR INDIGESTION

EAT ONE TABLET! NO GASES, ACIDITY, DYSPEPSIA OR ANY STOMACH MISERY.

Undigested food! Lumps of pain; belching gas, acids and sourness. When your stomach is all upset, here is instant relief—No waiting!

The moment you eat a tablet or two of Pape's Diaepsin all the indigestion pain and dyspepsia distress stops. Your disordered stomach will feel fine at once.

These pleasant, harmless tablets of Pape's Diaepsin never fail and cost very little at drug stores. Adv.

"There is no book so bad," said the hacheler, "but something good may be found in it."—Don Quixote.

Sometimes what is regarded as a pious life is merely a contemptible one.

## Cuticura Heals Itching Burning Skin Troubles

All druggists; Soap 25, Ointment 25 and 50, Tablets 25. Sample each free of "Cuticura, Dept. E, Boston."

## PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

## Immediate Shipments New South Corn Mill

Write us for full description and price of this standard, durable corn mill—produces fine, wholesome meal. Orders filled promptly. Write today.

AMERICAN CORN MILL CO., Box 37, Winstonsalem, N. C.

## Every Woman Wants Paxtine

ANTISEPTIC POWDER  
FOR PERSONAL HYGIENE  
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50c all druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

## Irritating Coughs

Promptly treat coughs, colds, hoarseness, bronchitis and similar inflamed and irritated conditions of the throat with a tested remedy.

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